

## Shrewsbury Regatta

### IN AN EMERGENCY: INSTRUCTIONS for CREWS and OFFICIALS

- **Inform Control immediately. Give as much information on the incident as possible. Be clear and concise. Keep radio messages brief and concise throughout.**
- **Stop all racing (approaching incident)**
- **Control to take charge or nominate an Official to do so.**
- **Safety Boat and First Aid to be alerted.**
- **Capsized crews should stay with their boat. Crew captains should take charge until the safety boat arrives.**
- **All involved in the incident must be checked by a First Aider.**
- **Racing will resume when control & coordinating umpire are satisfied that it is safe to do so.**
- **Race commentary to be suspended unless required to help the emergency situation**
- **In the event of a thunderstorm rowing may be temporarily suspended.**
- **Crews listen out carefully for and obey all instructions given by Umpires and Race Officials**

The organisers of Shrewsbury Regatta will endeavour to provide a safe environment in accordance with British Rowing's "Row Safe" guidance, but competitors, coaches and clubs are specifically reminded that every person attending the event, including those competing, or officiating, do so entirely at their own risk and are solely responsible for:

1. Their own safety;
2. Ensuring that their boats are safe and are prepared to the standards required by British Rowing's "Row Safe" and the British Rowing Rules of Racing. Any boat found failing to meet the standard will be excluded;
3. Wellies are not to be worn in the boat and hair must be tied back whenever possible.
4. The strict observance of the circulation pattern.
5. Deciding, together with their coaches, whether or not they are competent to compete in the prevailing weather and stream conditions; and dressing adequately for cold weather to keep warm and in hot weather taking sufficient fluid to avoid dehydration.
6. Ensuring 'a responsible adult' accompanies each junior competing in the event to assist them 'in loco parentis' with their responsibilities and assume responsibility for their welfare.

## Shrewsbury Regatta: Notes to Competitors

**There will be a competitors/coxes safety brief, at registration, 8am Sat and Sun for anyone wishing to attend.**

1. Crews must register as early as possible. Up to half the crew and the cox can be changed after close of entries and before the 1<sup>st</sup> race. Any crew racing with substitutes who have not been registered risks disqualification. The first named crew will row on the **QUARRY PARK** side of the river.
2. **Crews & coxes may only race once in each Division and equipment may only be used once per Division.** Crew identities may be checked: bring Racing Licence.
3. The regatta reserves the right to shorten the course on Saturday to the Sunday course if river conditions make the long course unfair.
4. **Crews must be at boat pairing 30 minutes before the race and at the start 5 minutes before the race.**
5. **It is the crew's responsibility to ensure all equipment is safe for racing.** Crews must be paired with their opposition before they boat.
6. All Crews will Boat downstream from the RSSBC Pontoon and land at the Pengwern Pontoon unless given specific instructions otherwise. Take care in wet or damp weather, as the pontoons and/or bank may be slippery.
7. Crews must stay well in on the Boathouse side on the way to the start until turning at the Start Marshalling Area. Follow the Boat Circulation plan and all instructions from officials. **When leaving the RSSBC pontoon crews must listen to the instructions of marshals and be very careful to remain within the green buoyed lane to avoid clashing with racing crews.**
8. No practice allowed downstream of the start. Crews must stay upstream of the English Bridge on Saturday and upstream of the line of buoys marking the end of the Marshalling Area on Sunday. The course is buoyed with red buoys. Free start both days.
9. Partially sighted scullers will be preceded in their lane by a sculler giving steering instructions via radio. The opposition in the race and officials will be advised of this arrangement. Any partially sighted sculler requiring this arrangement shall inform the Organising Committee at time of entry.  
Special arrangements may be needed for competitors with similar disabilities in which case umpires, other officials and competitors will be full briefed.
10. Paddle well clear at the finish, and turn immediately beyond the red marker buoy towards the clubhouse bank. When returning from the finish keep close to the bank and follow the Finish Marshal's instructions. This will be strictly enforced.
11. Trailers should be parked adjacent to the Pengwern Boat Clubhouse in Beck's Field unless prior arrangements have been made with Shrewsbury School. All cars must park in Burrs Field (see Plan).